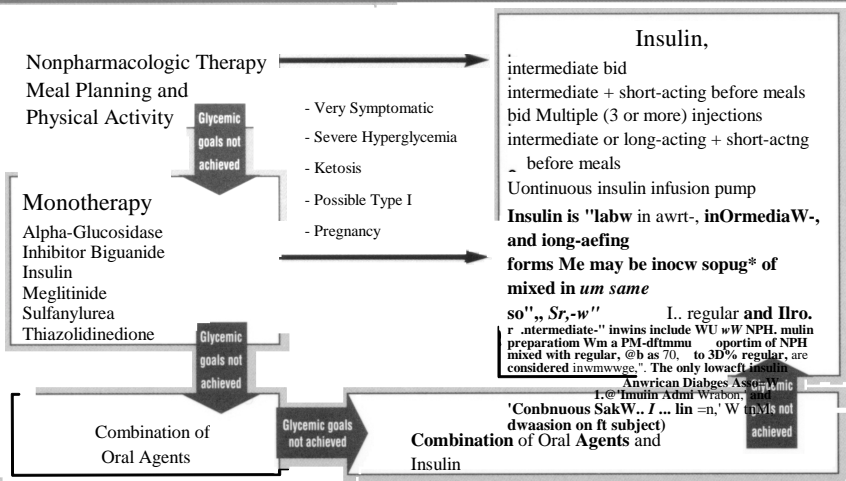


THERAPY FOR TYPE 2 DIABETES MELLITUS\*



\*For detailed information on therapy for type 2 diabetes, refer to Zimmerman (Ed): Medical Management of Type 2 Diabetes. 4th ed. Alexandria VA, American Diabetes Association, 1998. Oral agents should not be used in individuals with type 1 diabetes or during pregnancy. For information on therapy for type 1 diabetes, refer to Skyler (Ed): Medical Management of Type 1 Diabetes. Third edition. Alexandria, VA, American Diabetes Association, 1998. For more information on diabetes and pregnancy, see Jovanovic-Peterson (ED): Medical Management of Pregnancy Complicated by Diabetes. Second edition. Alexandria, VA, American Diabetes Association, 1995.

DETERMINING BODY MASS INDEX (BMI) FROM HEIGHT AND WEIGHT

Body Mass Index* (kg/m²)																		
	19	20	21	22	23	24	25	26	27	28	29	30	35	40				
Height (in.)	Body Weight (lb.)																	
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191				
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198				
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204				
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211				
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218				
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225				
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232				
65	114	120	126	132	138	144	150	156	162	168	171	180	210	240				
66	118	124	130	136	142	148	155	161	167	173	179	186	215	247				
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255				
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262				
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270				
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278				
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286				
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294				
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302				
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311				
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319				
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328				

Body mass index, or BMI, is the measurement of choice to determine obesity. BMI is a formula that takes into account both a person's height and weight. BMI is a person's weight in kilograms divided by height in meters squared (BMI = kg/m²). The table printed above has already done the conversions. To use the table, find the appropriate height in the left-hand column. Move across the row to the given weight. The number at the top of the column is the BMI for that height and weight.

In general, a person age 35 or older is obese if he or she has a BMI of ≥ 27. For people age 34 or younger, a BMI ≥ 25 indicates obesity. Obesity is an indication for further clinical evaluation.

The BMI measurement poses some of the same problems as weight-for-height tables. BMI does not provide information on a person's percentage of body fat or take into consideration the person's body fat distribution.

For more information, please visit the American Diabetes Association's Web site (www.diabetes.org) or call:

Diabetes Information: 1-800-DIABETES

Membership, health professionals: 1-800-232-3472

Membership, people with diabetes: 1-800-806-7801

Free catalog of ADA books: 1-800-232-6733

Distributed by: Nevada Diabetes Council (775) 684-5907

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